

VIDEO LECTURE SERIES: “MR. LINCOLN: THE LIFE OF ABRAHAM LINCOLN”

As part of “The Great Courses” video lecture series, we will be offering “Mr. Lincoln: The Life of Abraham Lincoln” on Wednesdays at the senior center for 6 weeks beginning March 7th through April 11th from 11:30 a.m. to 1:00 p.m. This series offers an introduction to Abraham Lincoln, the 16th president of the United States and one of the most representative men our nation has produced. The 12 lectures of this course concentrate on opening up a view into the thinking and career of Lincoln, and are built around 4 important themes: What was it like to know Abraham Lincoln?; What ideas were at the core of his understanding of American politics?; Why did he oppose slavery and what propelled him into the open opposition of slavery?; What particular gifts equipped Lincoln to lead the nation through the Civil War? For those of you who enjoyed the previous video lecture series on The Louvre, this will be another opportunity to delve into learning through this highly acclaimed series narrated by Professor Allen C. Guelzo, Professor of the Civil War Era and Director of Civil War Era Studies at Gettysburg College. A renowned expert on the Civil War era, Professor Guelzo is the author of “Abraham Lincoln: Redeemer President” and “Lincoln’s Emancipation Proclamation: The End of Slavery in America,” both of which have won the prestigious Lincoln Prize and the Abraham Lincoln Institute Prize. This series is touted as “pure intellectual stimulation” by *Harvard Magazine* and “a serious force in American education” by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

Monday, February 13

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

Tuesday, February 14

Stretch & Balance 8:30 a.m.

AARP Tax Appointments 8:30 a.m.

Coffee & Conversation with the Town Manager 9:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 15

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:30 a.m.

Wal-Mart 1:00 p.m.

TRIAD 1:00 p.m.

Zumba 2:30 p.m.

Thursday, February 16

Mary Poppins Trip-departs from St. Mary’s at 10:45 a.m.

Video Lecture Series Re-Runs: The Louvre 9:00 a.m.

Ceramics 9:00 a.m.

Low Vision Support Group 1:00 p.m.

Beginner Computer Class 1:00 p.m.

Intermediate Computer Club 2:00 p.m.

COA & HS Board meeting 5:00 p.m.

Friday, February 17

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Saturday, February 18

Friends of Foxboro Seniors Meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

SPECIAL SCREENING OPPORTUNITY

If you have missed any segments from the video lecture series “The Louvre,” we will re-run the ones you didn’t get to see on Thursday, February 16th (times to be announced). Just give us a call at 508-543-1252 and let us know which lectures you missed and we will set up a schedule accordingly. This series has been very well received and we want you to have an opportunity to see it all before we loan it out to a neighboring COA for their enjoyment. *If you will be on the “Mary Poppins” Trip that day, we will try to arrange another viewing to accommodate you.

NUTRITION CLASS SPECIAL SPEAKER

On Tuesday, February 21st at 11:00 a.m. Bonnie Ryvicker of Community VNA will be doing a program entitled ‘Thrive-The Importance of Exercise’ during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center every Tuesday morning at 11:00 a.m. Each week we share new “healthy” recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with benefits that may be available to you. The AARP Representatives will be available at the senior center on Tuesdays through April 10th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the “Tax Preparation Packet” at the senior center. This paperwork must be completed and brought with you to your appointment.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:30 a.m. to 12:30 p.m. on the following Wednesdays: February 15th, 22nd and 29th. Then put your new moves into action on March 1st at our Senior Social at Lake View Pavilion! Please call the senior center at 508-543-1252 to sign-up.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, February 14th from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

CHAIR MASSAGE

Meet Dan McComiskey, a Licensed Massage Therapist as well as the owner of “A New Vision Family Massage Therapy” now located at 21 Cocasset Street, Suite #3, Foxborough, MA. Dan is beginning to offer Chair Massage Therapy at the Foxborough Senior Center and will be here every other Thursday morning. His next scheduled day will be on February 23rd beginning at 9:00 a.m. Dan will provide a 15 minute chair massage for \$10. There are so many studies that reveal just how important and beneficial massage can be for seniors. It helps to achieve physical benefits such as stress reduction, improved immune system, improved circulation of both blood and lymph fluids, as well as reduction of pain. The emotional benefits include alleviating depression, relieving isolation, enhancement of self-image, as well as a reduction in levels of anxiety. Finally, some of the mental benefits are a reduction in agitation in Alzheimer’s patients, as well as an increase in clearer thinking. Please call 508-543-1252 to arrange for your appointment.

MY LIFE MY HEALTH

HESSCO Elder Services has extended the registration deadline for a 6-week workshop series entitled “My Life My Health.” This will be offered to adults living with the challenges of one or more persistent health conditions. You will learn strategies developed and tested by researchers that will help you set and meet personal goals, identify and try out simple techniques to improve your quality of life, improve communication with your doctor, and increase your energy level. This free class begins Thursday, February 16th and meets every other Thursday for 6 weeks from 1:00 p.m.- 3:30 p.m. at Norwood Hospital, Abraham Workshop Conference Room, 800 Washington Street, Norwood, MA. Register now via email to sleary@hessco.org or marrott@hessco.org or call 781-784-4944. Transportation is available. Please place request at time of registration.

REGULARLY SCHEDULED **MEN’S BREAKFAST**

Join us for a delicious breakfast and some socialization on Thursday, February 23rd at our next Men’s Breakfast when Jerry Cirillo, Director of the Boyden Library, will be our guest presenter. Hear about the library’s new temporary location at 16 Chestnut Street, Suite 210, Foxboro, as well as their services and hours. Learn about the progress on the new library project and ask the questions you have. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, February 21st. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Once a month you will have an opportunity to have “Coffee and Conversation with Our Town Manager” at the senior center in a relaxed, friendly atmosphere. Our next get-together will be on Tuesday, February 14th from 9:30 a.m. to 10:30 a.m. when Foxborough’s Town Manager, Kevin Paicos will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either ‘black or white’, so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles and gain a greater understanding of the issues our town faces. Please call 508-543-1252 to let us know you will be coming.

FREE LUNCH!

Apparently there is such a thing as a free lunch! Chickie Flynn’s Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our next luncheon will be on Wednesday, March 7th at 11:30 a.m. at Chickie Flynn’s located at 94 Washington Street, Foxboro, MA. Your lunch will include a

choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Dessert, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Seating is limited for the luncheon and we often have a waiting list for this event. Please let us know if you need to cancel, even if it is the day of the luncheon, so that someone else can enjoy the opportunity. If you are aware of someone who would like to go but needs transportation, please consider carpooling and reach out to them. If you would like information on other transportation resources, please call the senior center. To take advantage of Chickie Flynn's very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, March 6th.

COFFEE WITH KEN

Drop into the Rodman Building at 90 North Carl Annon Court on the 1st and 3rd Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and "goodies." On February 21st the topic will be "Getting Help in a Hurry-Personal Emergency Response Systems." To reach Ken, call 508-543-1252, or drop by the Senior Center.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 16th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on February 15th. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, February 21st at 12:30 p.m. when our feature presentation will be "Larry Crowne." After being laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne (Tom Hanks) decides it's time to change up his life, so he heads back to college. There, he finds a new perspective -- and a new romance with a professor (Julia Roberts). Hanks directs this comedy-drama from a script co-written by Hanks and Nia Vardalos. Please call 508-543-1252 to sign-up.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of

other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

February 15 Wal-Mart

February 22 Kohl's @ Mansfield

February 29 Luncheon Outing @ Olive Garden

TRAVEL AND ENTERTAINMENT

"LUCK OF THE IRISH"

Come along with us to the "Luck of the Irish" St. Patrick's Day Celebration on March 15th in East Windsor, Connecticut. You will enjoy a wonderful sit down lunch at La Renaissance which will include your choice of Corned Beef & Cabbage or Chicken Marsala, Irish Soda Bread, Potato, Vegetable, Holiday Dessert, Coffee & Tea. After lunch enjoy an entertaining afternoon with Seamus Kennedy originally from Belfast, Northern Ireland, who has been entertaining audiences all over the United States for the past 32 years with his ready wit and vast store of songs. Seamus Kennedy has the repertoire and the ability to make folks forget their cares for awhile, to relax and enjoy themselves as he encourages the crowd to sing along. You don't have to be Irish to enjoy Seamus Kennedy so come along and enjoy the music and mirth of one of Ireland's most popular exports. The cost for this fun and festive day is \$73 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, February 10th. Your motorcoach bus will depart from St. Mary's Church parking lot at 9:00 a.m. on Thursday, March 15th and will return home at approximately 5:00 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

SENIOR SOCIAL

Break up the mid-winter doldrums by getting together with friends at our Senior Social on Thursday, March 1st from 12:00 p.m. – 4:00 p.m. at Lakeview Pavilion in Foxborough. Enjoy a delicious dinner and lively music in a beautiful setting as DJ Dave Valerio plays musical favorites for you. The menu will be Tossed Salad with Zinfandel Vinaigrette Dressing, Chicken Veloute (a sauteed boneless chicken breast served over cornbread stuffing with apples and cranberry raisins, topped with a light cream sauce), Dinner Rolls, Chocolate Mousse, Coffee and Assorted Teas. A cash bar will be available as well. Sit back and enjoy the music, sing along, or kick up your heels with some line dancing...your choice. We will have line dancing classes on February 15th, 22nd, and 29th at 11:30 a.m. The cost for this event is \$23 and will be due by Friday, February 24th. There is plenty of room for all, so be sure to let your friends know that we would love for them to join us. Sign-up now for this event by calling the senior center at 508-543-1252.

INFORMATION AND SERVICES

"CHARLIE CARDS"

Seniors can obtain a "Charlie" Card for discounted MBTA services through the GATRA office. The TAP (Transportation Access Pass)/ Senior Charlie Card allows customers to use MBTA commuter rail, local and express buses, subway and boat services. The Charlie Cards are reusable and rechargeable. Many Foxboro seniors had their pictures taken at the senior center several years ago and received Charlie Cards which are now expiring. If you already have a photo ID Charlie Card, simply call GATRA at 1-800-483-2500 and request a new card which they will send you in the mail.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the FOXBORO JAYCEES to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, we can deliver a bucketful to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 13

Cheese Ravioli
Tomato Vegetarian Sauce
Winter Blend Veggies
Whole Grain Bread
Chilled Fruit

Tuesday, February 14

Valentine's Day
Chicken Marsala
Rice Medley
Sliced Beets
Whole Wheat Bread
Jell-O-Cake

Wednesday, February 15

Meatloaf W/Gravy
Whipped Potatoes
Country Blend Vegetables
Muffin
Arctic Ice

Thursday, February 16

Turkey Divan W/Broccoli
Hash Brown Potatoes
Multigrain Roll
Chilled Fruit

Friday, February 17

American Chop Suey
Green & Wax Beans
Whole Wheat Roll
Fresh Fruit